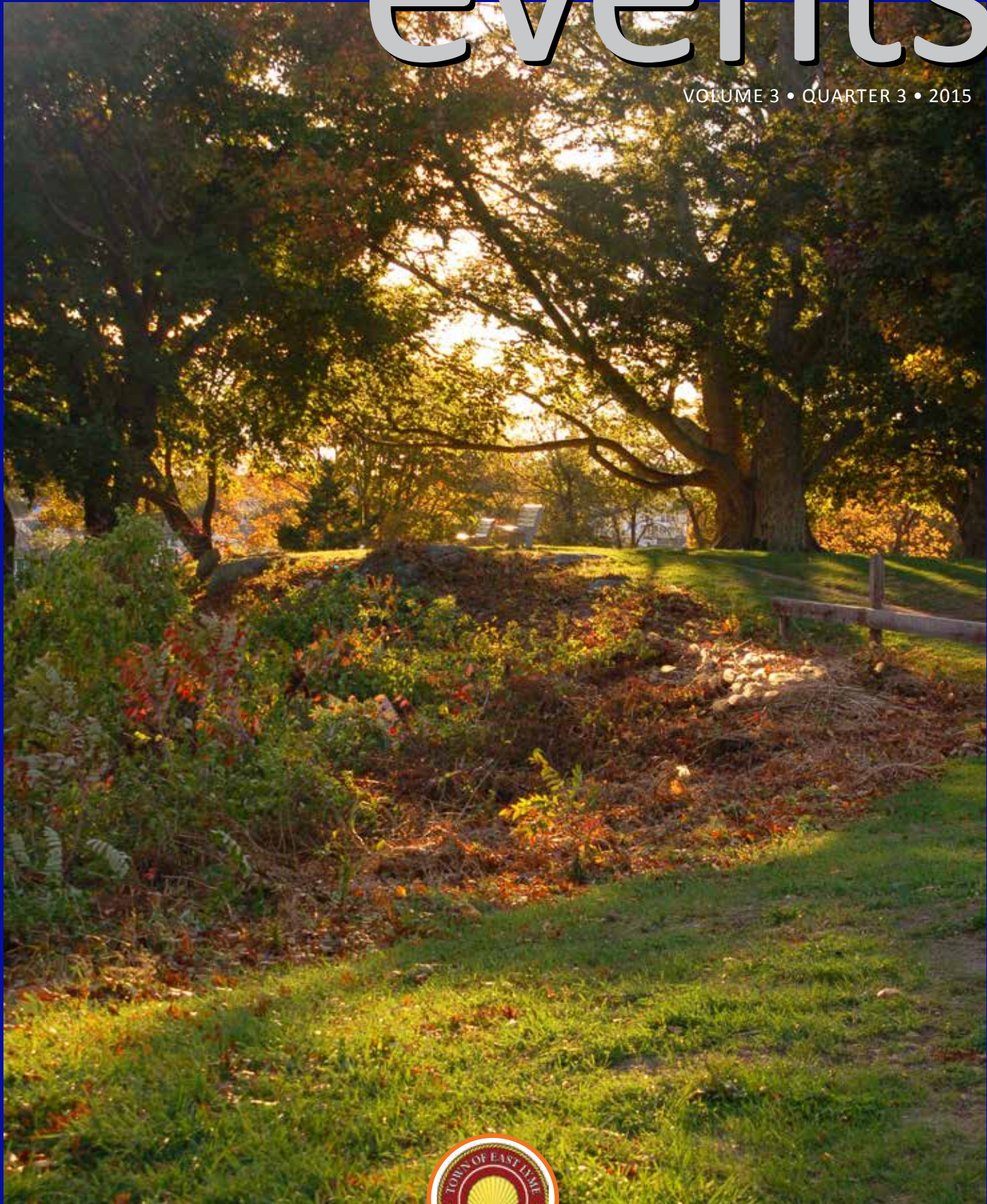


East Lyme

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First Selectman's Corner

I am most grateful for the opportunity to serve as East Lyme's First Selectman. This is a wonderful community filled with wonderful people who show their kindness and gratitude to their neighbors every day.

My sincere thanks and admiration goes out to all the volunteers who share their time, talent, energy and passion to make this town great! They are truly the unspoken heroes of this town. Their work goes under the radar... and nothing is expected in return. They are the fine people who make up Care and Share, Rotary and Lions Club, church leaders, the Land Trust, the Public Trust, Historic Properties, coaches and youth leaders, and all those who serve on various boards and commissions. The list goes on and on and on. There are so many citizens doing their part to make fabric of East Lyme so vibrant.

This wouldn't be the great place it is without all those who serve today and have done so in the past. I'm sure I speak for all our citizens when I say, "Thank you!"

We are having a terrific summer here in East Lyme. Our Main Street has never looked better or been visited by so many. Great weather combined with great stores and restaurants to make Niantic "the place to be". With the Boardwalk open next summer, we have a lot to look forward to. And although our summer season will soon be behind us, we will all have wonderful memories to cherish for a lifetime...and of course, this wonderful autumn to enjoy! There is so much to do and take in. Be sure to take full advantage of what many say is the best time of the year.

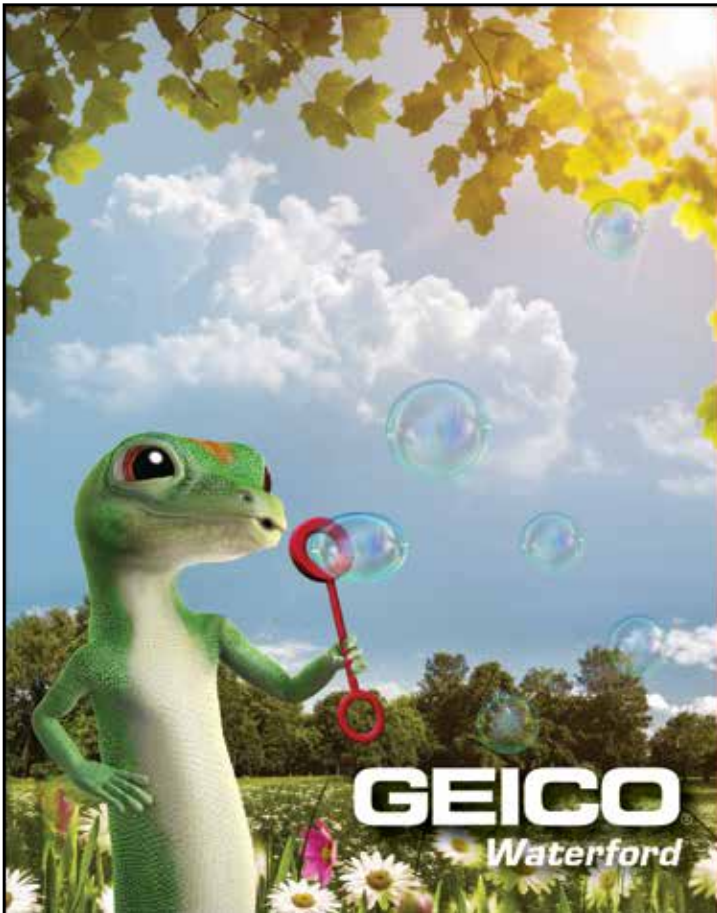
Not only does East Lyme's Park and Rec staff keep our beaches and parks beautiful during the busy peak months, their programming is second to none thru-out the year.



Mark C. Nickerson

Dave Putnam, our Director, along with is able staff work hard to ensure there is something for everyone. I encourage you to read thru our entire list of programming and try something new! Meet some new friends, learn a new skill and celebrate the very best of East Lyme!

Best,
Mark C. Nickerson
First Selectman



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Director's Note

As I sit at my desk, it is a hot and humid July morning, and hard to believe the Summer season is half over. Where did it go?

Just this past weekend, we had thousands of people lining Main Street, browsing through the 165+ vendors, strolling Hole in the Wall to view the sand sculptures and listening to the live music as they enjoyed some of the plethora of options from food vendors, all while preparing for the event finale, the Dominion Firework Display! It is truly a testament to our town staff that such an event can happen on a Saturday evening, and by Sunday morning, downtown Niantic has morphed back to its quaint self, with hardly a sign of the event the day before.

Our beach season has plenty of life left at this point, but already our team of lifeguards has been recognized for multiple saves at our beaches. The dedicated team of guards sharpen their skills weekly, and keep our beautiful beaches harm free for thousands of patrons to enjoy.

During the busy summer season we have been able to install a new pavilion at Peretz Park at Bridebrook. This new shelter will provide a shady spot for park goers on sunny days, as well as a safe shelter when a thunderstorm unexpectedly rolls in, as it is equipped with a lightning protection kit.



David M. Putnam

Looking forward to the Fall, please take the time to look through the magazine and take advantage of some of our offerings, we are especially excited about the Fall Friday Movie Series beginning in September! As always, I welcome your feedback and encourage you to contact me at the Park and Recreation/Youth Services office.

Sincerely,
David Putnam, Director
Parks and Recreation/Youth Services



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Park & Beach Information

McCook Point Park, Hole N' Wall & Cini Park

Open daily from 8:00 a.m. to sunset. Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day ONLY**; must be under owners control at all times and it is the owner's responsibility to clean-up all pet waste. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year.

Restrooms will remain open until mid-November as weather permits. Contact the Parks and Recreation office for Pavilion reservations/availability.
Tobacco Free Parks

State Statue 22-364 states that dogs must be under the direct control of their owners at all times when using town parks. It is the dog owner's responsibility to clean up all dog waste.

****NO PETS May 22 – Sept 8, 2015 AT ANY BEACH FACILITY: SEE BELOW REGULATION**

State Regulation (Public Swimming Area Regulations) Section 19a-36-B61 (10)

states domestic animals shall be prohibited in the water and the land immediately adjacent to the water of a public swimming area when the public swimming area is open for use.

Boardwalk Construction Update

Construction on the western half of the Niantic Bay Boardwalk has begun and will continue through completion. As part of the construction, a portion of the upper parking lot at McCook will be closed and access to the Hole in the Wall Beach at times will be restricted with limited access. Please look for construction updates and further information on the town's web site www.eltownhall.com or on the East Lyme Parks and Recreation Facebook page.

Pavilion Rental

The pavilion is available for full day or half day rental (9:00 am to 1:00 pm or 1:30 pm until dusk) during the summer season (Memorial Day weekend through Labor Day) for East Lyme/Niantic residents/taxpayers. Rentals are also available before Memorial Day and after Labor Day;

Non-Residents are able to rent during that period. Please contact the Parks & Recreation office for information and availability.

Parks & Beaches Addresses CINI PARK

Route 156, Niantic - (located at end of boardwalk by Niantic Bridge).

HOLE-N-WALL BEACH

Baptist Lane, Niantic

MCCOOK POINT PARK

8-10 Atlantic Street, Niantic. Main beach, pavilion, picnic area, restrooms, Hole-N-Wall beach, playground, bocce court, outdoor showers.

PERETZ PARK AT BRIDEBROOK

221 West Main Street, Niantic
Baseball, soccer, basketball court, softball, lacrosse, utility fields.

SMITH-HARRIS PARK

31 Society Road, Niantic (Behind EL Middle School). Little League, Pee-Wee football.

VETERAN'S MEMORIAL PARK

10 Memorial Park Road, Niantic
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Parks & Recreation Department

41 Society Road, Niantic, CT
860-739-5828 fax 860-691-2409
www.eltownhall.com

Contact Information & Websites

Executive Director: David M. Putnam
Program Coordinator: Carolann Rossiter
Administrative Assistant: Robin Grandieri
Administrative Secretary: Arlene Wilbur
Special Events Coordinator: Michael R. McDowell
Park Foreman: Edward Ball
Maintenance Support: Michael Rak, Jason Alves, Jake Pickerell

Parks & Recreation Commission Members

Chairman - J. Robert Pfanner
William Willets, Jr., Charles Fenick, Jackie Curry,
Patrick Larkin, Roger Nadeau, Milan Keser
The Parks and Recreation Commission meets in the Parks and Recreation conference room on the second Thursday of each month at 7:00 p.m. The public is welcome to attend the meetings.

East Lyme Police Department 860-739-5900
East Lyme Public Library 860-739-6926
www.ely.lioninc.org
East Lyme Public Works 860-739-8444
East Lyme Senior Center 860-739-5859
East Lyme Town Hall 860-739-6931
www.eltownhall.com
East Lyme Youth Services 860-739-6788
Commission Meetings are 2nd Thursday
Rocky Neck State Park 860-739-5471
DEP Old Lyme 860-434-8638
Children's Museum of SE Connecticut 860-691-1255
East Lyme Aquatic & Fitness Center (Pool) 860-691-4681
www.nutmegaquatics.com
East Lyme Business Organization
Contact Lynnea Mahlke 860-691-1611

Athletic Organizations

EAST LYME BABE RUTH LEAGUE
Jay Reid, President / 860-326-1579
www.eastlymebaberuth.com
EAST LYME LACROSSE
Judd Andres / 860-739-2260 / Cell 860-912-3106
www.ella.uslaxteams.com
EAST LYME LITTLE LEAGUE
Rob Tukey / 860-912-2679 / rtukey71@gmail.com
www.ETEAMZ.com/EastLymeLittleLeague
EAST LYME SOCCER CLUB
Chuck Massung / 860-739-9147 / www.eastlymesoccer.org



Parks & Recreation Department Staff

EAST LYME YOUTH FOOTBALL

Chip Mundell / 860-271-6191

EAST LYME YOUTH CHEERLEADING

Tammy Bogue / 860-303-1741

EAST LYME JUDO CLUB

Nancy Kelly / 860-691-3314

EAST LYME YOUTH BASKETBALL

Mike Catanzaro / 860-941-7272 / mcat1926@gmail.com
www.eastlymeyouthbasketball.org

Clubs

NEW COMERS CLUB

Janet Banks / 860-739-2891 / janbanks@hotmail.co.uk

MOMS CLUB OF EAST LYME

www.eastlymemomsclub.org

WOMENS CLUB OF SE CONNECTICUT / 860-691-1948

EAST LYME GARDEN CLUB

Colleen Gebhard / 860-691-0088 / elgclub@gmail.com

AMERICAN LEGION AUXILIARY, UNIT 128

Pat Keegan / 860-739-2107

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GIRL SCOUTS REGIONAL OFFICE

Jenna Duff / 800-922-2770 x 3728

Monica Sistaire / 860-691-8318 / monicarae79@sbcglobal.net

DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney / 860-373-0097

CUB SCOUTS PACKS

Mike McKee, #24 / 860-739-0433 / www.beascout.org
www.pack24eastlyme.org / pack24eastlyme@gmail.com

Axel Mahlke, #7 / 860-287-1174

BOY SCOUT TROOPS

George Sisson, #7 / 860-691-2165

Robin Greer, #24 / 860-443-5492

Richard Cushing, #240 / 860-739-5239

Community Bulletin Board

Passports

East Lyme Parks & Recreation Department is now an Acceptance Facility for Passports. Please call (860) 739-5828 to make an appointment to have your passport application processed or for any questions.

Friday Nite Movie Nite

August 28th through September 25th Movies will begin 15 minutes after Sunset. Come enjoy a movie under the stars on Friday evenings beginning August 28th! Movies will be shown on a large inflatable screen at McCook Point park, near the large white tent. Movie attendees should bring chairs, blankets, and plenty of snacks and then sit back and enjoy! Movie lineup unknown at time of publication, be sure to check www.eltownhall.com and the youth services facebook page for updated movie information.

U.S. Amateur Ballroom Dance Association Dances

Dates: Fridays, Sept 11, Sept 25, Oct 16, and Nov 20 (7:00-10:00 pm)

Saturdays, Oct 3, Nov 7, and Dec 5 (6:30-11:00 pm)

Where: East Lyme Library & Community Center Activity Room.

For more information contact Ray O'Connell (860)501-5260 or www.usadancenewlondonct.com

Shoreline Swing Dances

Dates: 3rd Saturday of each month (9/19, Oct 17, Nov 21, 12/19) from 8:00 pm-11:00 pm (Lessons from 7:00 pm-8:00 pm) at East Lyme Community Ctr. For more information:

www.shorelineswingct.org

Duplicate Bridge Games

Duplicate Bridge games are associated with the American Contract Bridge League. This is ongoing and pre-registration is not required. No bridge games will be held January - March.

Dates: Sept 1 - Dec 29 (no games 11/3)

Days: Tuesday

Time: 10:00 am - 1:30 pm

Fee: \$6.00 per person, per day

Where: East Lyme Library/Community Center - Activity Room

Instructor: Pat Kelsey

Youth Basketball Registration

Dates: Wednesday, 9/9 & 9/16 (6:00-8:00p.m.& Saturday, 9/12 (9:00am-12:00pm)

Location: East Lyme Middle School

For more info contact Mike Catanzaro (860) 941-7272

East Lyme Judo Club

Dates: Sept 8 to Oct 27 (Tuesday)

Time: 6:15 pm - 7:15 pm and 7:15 pm - 8:15 pm

Fee: \$30.00 Returning Students/ \$35.00 New Students

Where: Flanders School Gym

Registration: Tues, Sept 1 from

6:00pm-7:00 pm at Flanders School Gym.

For more information contact: Nancy Kelly (860) 691-3314



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Parks & Recreation / Pre School & Youth Programs

There will be an open house on registration day, Tuesday, September 1st from 10:00 am to 11:00 am in the Youth Center to meet Ms. Christina. All of Ms. Christina's classes are child participation only. The open house will introduce your child to Ms. Christina.

Creative Arts for Kids, ages 3 & 4

Session: 250301-01

This class concentrates on the process of free expression through art. Children learn to manipulate various art supplies and to create close and open ended projects with a variety of conventional and unconventional materials. Socialization, fine motor skill development, following directions & color recognition are some of the important skills that are addressed in this class. Creative Art is child participation only class.

Dates: Sept 11 to Oct 16

Days: Friday

Time: 9:15 to 10 a.m.

Fee: Resident \$30.00/Non-Resident \$45.00

Registration: Begins Sept 1

Location: East Lyme Library/Community Center/Youth Center

Instructor: Christina Jessuck

Creative Arts for Kids, ages 3 & 4

Session: 250301-02

All other information, see previous session.

Dates: Oct 30 to Dec 18 (No class 11/27, 12/11)

Fee: Resident \$30.00/Non-Resident \$45.00

Registration: Begins on Nov 3

I'm 2 Crafts

Session #250301-03

A 30 minute arts & crafts class designed for 2 year olds. In a child only participation class, children learn to manipulate various art supplies, which enhance their fine motor skills. Supplies would include paints & brushes, crayons, scissors & many unconventional supplies like feathers for painting or shaving cream for drawing. Children also create artwork based on their self expression & imagination, which promotes self-esteem & language development.

Dates: Sept 10 to Oct 15

Days: Thursday

Time: 10:00 to 10:30 a.m.

Fee: Resident \$30.00/Non-Resident \$45.00

Registration: Begins Sept 1

Location: East Lyme Library/Community Center/Youth Center

Instructor: Christina Jessuck

I'm 2 Crafts

Session #250301-04

All other information, see previous session

Dates: Oct 29 to Dec 10 (no class 11/26)

Fee: Resident-\$30.00/Non Resident \$45.00

Registration: Begins on Oct 15

Got "2" be Moving

Session #250501-03

A 30 minute movement class for 2 year olds that focus on developing large motor skills such as running, hopping and balancing on one foot to fun games with balls & parachutes. This class is child participation only.

Dates: Sept 10 to Oct 15

Day: Thursday

Time: 9:15 to 9:45 a.m.

Fee: Resident-\$30.00/Non Resident \$45.00

Registration: Begins Sept 1

Location: East Lyme Library/Community Center/
Olive Chendali Room

Instructor: Christina Jessuck

Got "2" be Moving

Session #250501-04

All other information, see previous session.

Dates: Oct 29 to Dec 10 (No class 11/26)

Fee: Resident \$30.00/Non-Resident \$45.00

Registration: Begins Oct 15

I'm 2

Session #250201-01

I'm 2 is a child participation only class that focuses on socialization through age appropriate development play through dramatic play, music and movement.

Dates: Sept 14 to Oct 26 (No class 10/12)

Day: Monday

Time: 10:15 to 11.00 a.m.

Fee: Resident \$30.00/Non Resident \$45.00

Registration: Begins Sept 1

Location: East Lyme Library/Community Center/
Olive Chendali Room

Instructor: Christina Jessuck

I'm 2

Session#250201-02

All other information, see previous session

Dates: Nov 9 to Dec 14

Fee: Resident \$30.00/Non-Resident \$45.00

Registration: Begins on Oct 26

Outdoor Education for 3 to 5 year olds

Session #250601-02

Using the outdoors as their classroom, children ages 3 to 5, discover the wonders of the natural world. Observing & exploring the beach, or the woods, develop skills & concepts such as language & sensory development, conservation & sustainability. This class is child participation only.

Dates: Sept 10 to Oct 15

continued on page 10

P&R Pre School & Youth Programs ... continued from page 9

Day: Thursday

Time: 11:00 to 11:45 a.m.

Fee: Resident-\$30.00/Non Resident \$45.00

Registration: Begins Sept 1

Location: McCook Point Park, Tent

Instructor: Christina Jessuck

Young Scientists, ages 3 to 5

Session #250401-01

In Young Scientists children's natural curiosity helps them to discover the world of science through hands on experiments using basic theories of physics & chemistry. These science activities & experiments for preschoolers give young minds the skills they need to seek answers & view the world scientifically. Each week a new idea is introduced & explored. Young Scientists is a child participation only class.

Dates: Oct 29 to Dec 10 (No class 11/26)

Day: Thursday

Time: 11:00 to 11:45 a.m.

Fee: Resident \$30.00/Non Resident \$45.00

Registration: Begins on Oct 15

Location: East Lyme Library/
Community Center/Youth Center

Instructor: Christina Jessuck

Tot Gym, ages 3 to 5

Session #250501-01

Children come to Tot Gym ready to run! This class encourages children to engage in physical activities & games to build large motor skills, to cooperate with peers, to follow directions & to develop socialization skills. Examples of games & activities include circle & movement games, ball games, parachute games, silly dances, obstacle courses, yoga, relay races & so much more. Tot Gym is a child participation only class.

Dates: Sept 11 to Oct 16

Days: Friday

Time: 10:15 to 11:00 a.m.

Fee: Resident \$30.00/Non Resident \$45.00

Registration: Begins Sept 1

Location: East Lyme Library/Community Center/Smith-Harris Room

Instructor: Christina Jessuck

Tot Gym, ages 3 to 5

Session #250501-02

All other information, see previous session.

Dates: Oct 30 to Dec 18

(No class 11/27, 12/11)

Fee: Resident \$30.00/Non-Resident \$45.00

Registration: Begins Oct 16

Tot School, ages 3 to 4 (new)

Session #250101-01

A new fun class to either introduce or enrich a child's preschool experience with such preschool setting and concepts as circle time, centers or group projects. Each week a new theme is incorporated to develop socialization, prereading/premath skills as well as music and movement.

Dates: Sept 14 to Oct 26 (no class 10/12)

Days: Mondays

Time: 9:15 to 10:00 a.m.

Fee: Resident \$30.00/Non Resident \$45.00

Registration: Begins Sept 1

Location: East Lyme Library/
Community Center/Olive Chendali room

Tot School, ages 3 to 4

Session #250101-02

All information the same as previous session, with the exception of:

Dates: Nov 9 to Dec 14

Registration: Begins on Oct 26

YOUTH PROGRAMS

Beginning Foil One – Ages 10 & Older

Session # 280101-01

This class covers basic fencing movements with the foil, including the guard positions, basic footwork, simple and compound attacks, defensive actions (parries), attacks on the blade and attacks into preparation. The student develops sensitivity to the blade, timing and distance awareness, and basic bouting skills. The class introduces the student to elementary tactics and the fencing rules.

Dates: Sept 17 – Nov 5

Days: Thursday

Time: 6:30 pm – 8:00 pm

Fee: Resident \$70.00/Non-Resident \$85.00

(Includes Equipment)

Registration: Begins Sept 9

Where: Lillie B. Haynes Elementary School - Gymnasium

Instructor: Thames River Fencing Club

Intermediate Foil 1/ Advanced Foil - Ages 10 & Older

Session #480201-01

Beginning Foil One is a prerequisite.

Intermediate 2 is a prerequisite for Advanced. The intermediate class builds upon the skills introduced in Beginning Foil One and covers more complex footwork & blade work, including variations on attacks on the blade and blade takes (prises de fer). Bouting skills, tactics and the fencing rules are also covered in greater detail.

Dates: Sept 16 – Nov 11 (No class 11/3)

Days: Tuesday

Time: 6:30 pm – 8:00 pm

Fee: Resident \$70.00/Non-Resident \$85.00
(Includes Equipment)

Registration: Begins Sept 9

Where: Lillie B. Haynes Elementary School – Gymnasium

Instructor: Thames River Fencing Club

The following preschool and youth programs are offered by East Lyme Regional Theater which is sponsored by the East Lyme Parks and Recreation Department:

Mommy/Daddy & Me

Session #240901-01

Infants – 2 years old

Stimulate your baby's natural response to music! Parents and babies learn rhymes, songs, lullabies, floor and lap games.

Dance, shake and play together to an array of musical styles and genres. Your baby will develop important listening and motor skills. Adult participation required.

Dates: Sept 11 to Oct 30

Days: Friday

Time: 9:45 am – 10:30 am

Fee: Resident \$75.00/Non-Resident \$90.00

Registration: Begins Sept 1

Where: Niantic Center School, Room 107

Instructor: Erin Stanley

Preschool Music, Movement and Exploration

Session #240903

Ages 2 ½ - 5 years old

Imagination! Creativity, fun and interactive learning are the basis of

this class. Students will experience different genres of music while singing, dancing and telling stories through exploration and play. Adult participation is required for some of the class.

Dates: Sept 11 to Oct 30

Days: Friday

Time: 10:45 am – 11:30 am

Fee: Resident \$75.00/Non-Resident \$90.00

Registration: Begins Sept 1

Where: Niantic Center School, Room 107

Instructor: Erin Stanley

Little Broadway Stars

Session# 240911-01

Ages 5-7

A singing, dancing, and acting class for some of our youngest performers. Learn fun songs, basic jazz, ballet and tap and act out popular children's stories. Students will showcase all they learned in our final class. Dancing shoes are encouraged.

Dates: Sept 10 to Oct 29

Days: Friday

Time: 4:15 to 5 pm

Fee: Resident \$75.00/Non-Resident \$90.00

Registration: Begins Sept 1

Where: Niantic Center School, Room 107

Instructor: Erin Stanley

Glee (Show Choir), Ages 10 & Over

Session #249912-01

If you have watched GLEE & wanted to sing & dance in a show choir of your own, this is the class for you. The show choir will help you develop greater musicianship, proper use of breath support, phrasing, interpretation, postures, stage presence, and other disciplines needed to put on a great show. Learn choreography to some of your favorite show stopping number. **STUDENTS MUST AUDITION FOR CLASS ACCEPTANCE.** Auditions will be held on Tuesday, Aug 25th in the Senior Center meal site from 6:30 to 8:30pm. Be prepared to sing a song & learn a short dance routine. Fee includes music, CD, and materials.

Dates: Sept 8 to Dec 15

Day: Tuesday

Time: 6:45 to 8:00 p.m.

Fee: Resident \$185.00/Non Resident \$200.00

(plus minimal costume fee)

Registration: Begins Sept 1

Location: East Lyme Community Center/Senor Center Meal Site

Instructor: Erin Stanley

Lights of Broadway, Ages 8 to 11

Session #240907

This is a singing, dancing & acting class for some of our youngest performers. Learn fun songs, basic jazz, ballet & tap and act out popular children's stories.

continued on page 12

Check Out Our Daily Lunch & Dinner Specials

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Part of Old Lyme

P&R Pre School & Youth Programs ... continued from page 11

Students will showcase all they learned in our final class.

Dancing shoes are encouraged.

Dates: Sept 12- Oct 31

Days: Saturday

Time: 9:30am – 10:30 am

Fee: Resident \$100.00 /Non-Resident \$115.00

Registration: Begins Sept 1

Where: East Lyme Community Center/
Senior Center Site

Acting Through the Song-Ages 11-15

Session #240101-01

“Acting through the song is a class designed to teach the young singer how to choose a great song and prepare it for performance and auditions. Classic Broadway literature will be featured and each student will work on a ballad and an up-tempo song to sing. A showcase will be given at the conclusion of the program. Younger children may enroll with teacher’s approval.

Dates: Sept 12 to Oct 31

Day: Saturday

Time: 11:30am to 12:30 pm

Fee: Resident \$100.00/Non Resident \$115.00

Registration: Begins Sept 1

Location: East Lyme Community Center

Instructor: Carroll Mailhot

Learn to Audition – Ages 11-15

Session #240101-04

Be prepared for your next big audition and chase away those nerves. This class teaches students the techniques needed for auditioning for that play in school, local theaters, or The Big White Way. We will focus on the skills for auditions such as, choosing and preparing a monologue, how to present yourself at an audition, resume design and headshots. A showcase of monologues will be presented at the end of the session

Dates: Sept 12-Oct 31

Day: Saturday

Time: 10:30am -11:30am

Fee: Resident \$100.00/Non Resident \$115.00

Registration: Begins Sept 1

Location: E.L. Public Library/Senior Center

Instructor: Carroll Mailhot

Dance for Musical Theater Auditions (Thursday)

Session: #240101-05

Come learn dance steps and terminology commonly used in musical theater auditions. Practice picking up choreography in a fast-paced audition environment. There will be new combinations to learn each week. Get audition and technique tips too! No

special attire or footwear needed although form-fitting clothing and dance shoes would be appreciated.

Dates: Sept 10-Oct 31

Day: Thursdays

Time: 6:30 pm to 7:30 pm

Fee: Resident \$85.00/ Non Resident \$100.00

Registration: Begins Sept 1

Location: Niantic Center School, Room 107

Instructor: Melanie Sisson

Dance for Musical Theater Auditions (Saturday)

Session: #240101-06

Same description as above.

Dates: Sept 12-Oct 31

Day: Saturday

Time: 9:30am – 10:30am

Location: E.L. Community Center/Senior Center

“Let’s put on a show” Ages 9-10

Session #240101-02

“Let’s Put on a Show”, a class for kids who love theater or want to try acting for the first time. We will produce a play, a sampler of classic Aesop Fables while learning about acting, costumes, props and sets. The perfect class for the little actor in your house. The play will be given at the conclusion of the class for parents to view their children’s accomplishments. This class is for those who want to have fun while doing some serious work. Please bring a snack.

Dates: Sept 9th- October 28

Days: Wednesday

Time: 3:45-4:50 p.m.

Fee: Resident \$75.00/Non-Resident \$90.00

Registration: Begins Sept 1

Where: Niantic Center School, room 107

Instructor: Carroll Mailhot

Songwriting for Kids Ages 9-over

Session #240101-03

Songwriting classes for kids with singer-songwriter Cyra Morgan. A fun, creative workshop dedicated to lyric writing and phrasing, song composition, creating melodies and singing. The workshop will conclude with a performance of each student’s original piece.

Dates: Sept 10- October 29

Days: Thursday

Time: 5:30-6:30

Fee: Resident \$75.00/Non-Resident \$90.00

Registration: Begins Sept 1

Where: East Lyme Public Library/Community Center,
Olive C. Room

Instructor: Cyra Morgan

Parks & Recreation Adult Programs

Morning Aerobics

Session # 210101-01

The classes consist of 35 minutes of aerobics and 15 minutes of body toning using weights, body bars, bands, and balls. Each class concludes with 5 to 8 minute cool down. Participants are required to bring a non-slip exercise mat.

Dates: Aug 31 – Oct 30 (No class 10/12)

Days: Monday – Wednesday - Friday

Time: 8:30 am – 9:30 am

Fee: Resident \$55.00/Non-Resident \$70.00

Registration: Begins Aug 26

Where: East Lyme Library/Community Center – Activity Room

Instructor: Sue Roos AFFA/

Donna Neaton AFFA

Morning Aerobics

Session # 210101-02

All information same as above except for:

Dates: Nov 2 – Dec 30

(No class 11/11, 11/27, 12/25)

Registration: Begins Oct 21

Coed Cardio and Total Body Conditioning

Session # 210202-01

This class will alternate a variety of workouts such as, Tabata, Circuit Training and weighted lo-impact aerobics for a total fitness workout using dumbbells, bands, medicine balls and tubing. The class will end with additional core exercise and a stretch. Participants are required to bring a non-slip exercise mat.

Dates: Sept 9 to Oct 28

(No class 9/23, 10/12, 11/2)

Days: Monday – Wednesday

Time: 5:00 pm – 6:00 pm

Fee: Resident \$40.00/Non-Resident \$55.00

Registration: Begins Sept. 2

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton-AFFA

Coed Cardio and Total Body Conditioning

Session # 210202-02

All information same as above except for:

Dates: Nov 9 – Dec 23

Registration: Begins Oct 29


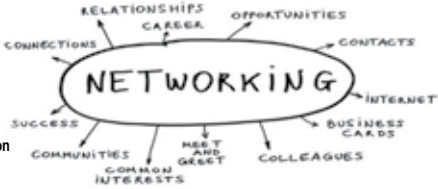
Tabata Training (New)

Session #210404-01

This is a “High Intensity Interval Training (HIIT) class offering the maximum benefit with the least amount of time to improve both the aerobic and anaerobic systems.

The structure of this program is 20 seconds of “all out” hard work to 10 seconds of rest repeated 8 times which equals one “Tabata”. The class will consist of a warm-up, 5 rounds of Tabata, additional core work and a stretch. It Is A Program Designed For All Fitness Levels, So Come In And Try It Out. Please bring a non-slip exercise mat and plenty of water to drink!

continued on page 14

East Lyme Business Organization


ELBO, the East Lyme Business Organization, is dedicated to preserving the seaside villages of Flanders & Niantic, ensuring economic vitality and promoting a sense of community in East Lyme through education, networking and community outreach.

We meet on the 2nd Wednesday of the month at 8:00 am and get together once every two months for networking events at local businesses.

We always welcome new members. Feel free to come if you represent a local business or organization in the East Lyme / Niantic area.

If you are interested in becoming a member or would like more information, please email the leadership team at EastLymeBusinessOrganization@gmail.com

Check out local events and news at:
www.facebook.com/EastLymeBusinessOrganization



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P&R Adult Programs ... continued from page 13

Dates: Sept 10 to Oct 29 (No class 9/24, 9/28, 10/12, 10/22)

Days: Monday and Thursday

Time: 4:10 to 4:55 p.m.

Fee: Resident \$40/Non-resident \$55

Registration: Begins Sept 2

Where: East Lyme Library/

CC-Activity Room

Instructor: Donna Neaton, AFFA

Tabata Training (New)

Session #210404-02

Same information as above except for:

Dates: November 2 to December 14

(No class 11/26)

Registration: Begins on Oct 19.

Total Fitness

Session # 2110104-01

Classes include circuit training, Stott Pilates, weights, bands and balls to create a variety of exercises for the entire body.

Every class is different; Donna Neaton and Marsha Pirie bring together their experience, education and many years of group training to instruct the classes. Participants are required to bring a non-slip exercise mat.

Dates: Sept 8 to Oct 22

Days: Tuesday – Thursday

Time: 10:15 am – 11:15 am

Fee: Resident \$50/\$30 (1-day)/

Non-Resident \$65/\$45(1 day)

Registration: Begins Sept 2

Where: East Lyme Library/Community Center – Activity Room

Instructors: Donna Neaton-AFFA; Marsha Pirie-AFFA & Stott Pilates

Total Fitness

Session # 2110104-02

All information same as above except for:

Dates: Oct 27 – Dec 17

(No class 11/3, 11/26)

Registration: Begins Oct 21

Wednesday Zumba

Session #210103-01

A 55 minute Latin inspired dance aerobic class and Zumba toning. The class will end with a standing stretch Please bring water.

Dates: Sept 9 to Dec 22 (No class 9/23)

Days: Wednesday

Time: 3:55 pm – 4:55 pm

Fee: Resident \$45.00/Non-Resident \$60.00

Registration: Begins Aug 27

Where: East Lyme Library/Community Center/Activity Room

Instructor: Donna Neaton AFFA/

Zumba Instructor

Tuesday Zumba

Session #210103-02

This class consists of 55 minutes of ZUMBA dance aerobics. The class will end with stretching. Please bring water.

Dates: Sept 8 to Dec 22

(No class 9/22, 9/29, 11/3)

Days: Tuesdays

Time: 5:30pm – 6:25pm

Fee: Residents \$45.00 Non-Resident \$60.00

Registration: Begins Aug 27

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton AFFA/

Zumba Instructor

Saturday Morning Zumba Aerobics

Session #210103-03

This 1½ hour class begins with a full hour of Zumba fitness, followed by some upper body conditioning exercises, core work and a stretch. Participants are required to bring a non-slip exercise mat.

Dates: Sept 12 to Dec 19

Days: Saturdays

Time: 8:30 am – 10:00 am

Fee: Resident \$50.00/Non-Resident \$65.00

Registration: Begins Sept 2

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton AFFA/

Zumba Instructor

Core Workout

Session # 210301-01

This class incorporates the principles of Stott Pilates, using as resistance body weight, different equipment, and stretching. Participants in this class will the body in a full range of motion using the core muscles. Active isolated stretching will be used to effectively regain movement that has been restricted because of injury or tight muscles. Participants are required to bring a non-slip exercise mat.

Dates: Sept 8 to Oct 20

Days: Tuesday

Time: 6:30 pm – 7:30 pm

Fee: Resident \$50.00/

Non-Resident \$65.00

Registration: Begins Sept 2

Where: East Lyme Library/Community Center – Activity Room

Instructor: Kim Stirtan-BSPE, ACE

& Stott Pilates

Core Workout

Session # 210301-02

All information same as above except for:

Dates: Oct 27 – Dec 15 (No class 11/3)

Registration: Begins Oct 13

Monday Coed Yoga

Session # 210501-01

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. Participants are required to bring a non-slip exercise mat.

Dates: Sept 14 to Dec 14

(no class 10/12, 11/2)

Days: Monday

Time: 6:10 pm – 7:25 pm

Fee: Resident \$60.00/

Non-Resident \$75.00

Registration: Begins Sept 9

Where: East Lyme Library/Community Center – Activity Room

Instructor: Rosemary Gentile - RYT

Wednesday Night Coed Yoga and Meditation

Session # 210502-01

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. This class will begin with the regular class from 6:30 – 7:45pm followed by optional meditation from 7:55-8:15pm. Participants are required to bring a non-slip exercise mat.

Dates: Sept 16 to Dec 16

(No class 10/25, 11/25)

Days: Wednesday

Time: 6:30 pm – 8:15 pm

Fee: Resident \$60.00/Non-Resident \$75.00

Registration: Begins Sept 9

Where: East Lyme Library/Community Center – Activity Room

Instructor: Michelle Flowers, RYT 500

Evening PIYO Class

Session #210106-01

PiYo Strength is a fun, work at your own level class, joining Pilates and Yoga into one workout. You will burn calories, tone muscles, work on balance and get a great stretch. It is designed to build strength and flexibility. You will exercise your body, mind & spirit.

Dates: Sept 3 to Oct 22 (No class 11/26)

Days: Thursday

Time: 5:15 to 6: 15p.m.

Fee: Resident \$45/Non Resident \$60

Registration: Begins Aug 25

Location: Activity Room, East Lyme Public Library/
Community Center

Instructor: Marsha A Pirie, Certified PiYo Instructor
& Yoga Fit; AFFA

Morning PIYO Class

Session #210106-02

Same description as evening PIYO session except for:

Dates: Sept 4 to Oct 23

Days: Friday

Time: 9:35 to 10:25a.m.

Fee: Resident \$45/Non Resident \$60

Registration: Begins Aug 25

Location: Activity Room, East Lyme Public Library/
Community Center

Instructor: Marsha A Pirie, AFFA, Certified PiYo Instructor

Intro to Boot Camp (New)

Session #210106-03

A great full body interval training workout using a variety of exercise practices to tone muscles and burn fat. All levels welcome. Modifications always provided.

Dates: August 31 to Oct 19 (No class 9/7, 10/12)

Day: Monday

Time: 11:30 a.m. to 12:25 p.m.

Fee: Resident \$30.00/Non-Resident \$45.00

Location: Activity Room, East Lyme Public Library/
Community Center

Registration: Begins August 25

Instructor: Marsha Pirie, Certified PiYo Instructor
& Yoga Fit, AFFA

Yoga Fitness

Session #210107-01

This class is Yoga for the active mind and body. Postures are linked together through breath to create an invigorating flow.

The class will focus on toning & sculpting through flow and core work. Participants are required to bring a non-slip exercise mat

Dates: Aug 31 to Oct 19 (No class 9/7, 10/12)

Days: Monday

Time: 9:30 to 10:30a.m.

Fee: Resident \$30.00/Non Resident \$45.00

continued on page 16

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P&R Adult Programs ... continued from page 15

Registration: Begins Sept 2
Location: Activity Room, East Lyme Public Library/Community Center
Instructor: Marsha A Pirie, AFFA, Certified PiYo Instructor Yoga Fit

Body Sculpting

Session #210201-01

This is a muscle toning class using hand held weights and bands. The challenging workout is for all fitness levels. It features a full body workout taking individuals from standing moves to floor workouts.

Participants are required to bring an exercise mat and weights.

Dates: Sept 8 to Oct 22

Days: Tuesday & Thursday

Time: 4:00 to 5:00 p.m.

Fee: Resident \$50/Non-Resident \$65

Registration: Begins on Sept 2

Location: Lillie B. Haynes School, gymnasium

Instructor: Sue Roos, AFFA

Body Sculpting

Session #210201-02

All information same as above except for:

Dates: Oct 27 to Dec 17

(no class 11/3, 11/26)

Registration: Begins on Oct 21

Adult Coed Volleyball

Session #210602-01

This volleyball program is a fun, informal, pick-up play that meets once a week. No food is allowed in the gym.

Dates: Sept 23 to Dec 18

(No program 11/3)

Days: Tuesdays

Time: 6:15 to 8:15 p.m.

Fee: Resident \$30/Non Resident \$45 or

Drop In: \$5.00 per person

Where: East Lyme Middle School gymnasium

Registration: begins September 16

Supervisor: Cathleen Aquino

Ballroom Dance – Beginner Lessons

Session # 230101-01

The Beginner Class will include instruction in waltz, foxtrot, rumba and swing.

Dates: Sept 17 to Nov 5

Days: Thursday

Time: 6:15 pm – 7:15 pm

Fee: Residents \$45.00/

Non-Residents \$60.00

Registration: Begins Sept 4

Where: East Lyme Library/Community Center – Activity Room

Instructor: Marjorie Winslow

Ballroom Dance – Intermediate Lessons

Session # 230102-01

The Intermediate Class will include instruction in cha-cha, foxtrot, tango and swing.

Same information as the beginner's class except for time:

Time: 7:15 pm – 8:15 pm

Dog Obedience – Beginners

Session # 230201-01

This class will teach the basic skills and work towards taking the dog off the leash. The FIRST class is held in the Olive Chendali room without your dog. Participants must provide proof of rabies and parvo at the time of registration.

The dog must be 4 months and older.

Dates: Sept 14 to Nov 2 (class will meet on Oct 13 Columbus Day)

Days: Monday

Time: 5:15 to 6:15 p.m.

Fee: Resident \$50/Non Resident \$65

Registration: Begins on Wed Sept 2

Where: Samuel M Peretz Park @

Bridebrook-basketball courts

Instructor: Barbara Keck

Dog Obedience – Novice

Session #230202-01

This class refines the basic skills and work towards taking the dog off the leash.

Owner and dog will participate in the AKC Canine Good Citizen Program. In order to receive the certificate, dogs must pass the Canine Good Citizen test. The beginner's class is a prerequisite. Participants must provide proof of rabies & parvo at the time of registration. The dog must be 4 months and older. The first class will be held in the East Lyme Library/Community Center lower parking lot.

All information same as Beginners except for: Time: 6:30 to 7:30 p.m.

New York City Trip:

Session #390101-01

Date: December 12

Day: Saturday

Time: Bus departs East Lyme Library/Community Center @ 8 a.m.

Bus departs New York City @ 7:30 p.m.

Fee: Resident \$40/Non-resident \$50

Registration Begins on November 4

Tick Borne Illnesses

This is the time for ticks to come out and feed. In Connecticut there are several illnesses caused by a tick bite. The common deer tick, Ixodes scapularis, can transmit Lyme disease, Human Granulocytic Anaplasmosis (Ehrlichiosis), and Babesiosis. Symptoms of these illnesses include fever, body aches, headaches, and in the case of Lyme disease an expanding red rash. Symptoms may begin from 3-30 days after the bite. The Connecticut Agricultural Station estimates that about 25-30% of deer ticks are infected with Lyme disease.

But not every tick bite will transmit the illness. If you find a tick it is important to remove it promptly. Use tweezers and grasp the tick's mouthparts as close to the skin as possible. Using steady pressure, pull the tick upward. After removal wash the area with soap and water and apply an antiseptic. Write down the date it was removed. If you develop a rash at the bite site and/or symptoms of a flu like illness contact your physician immediately.

East Lyme Public Library

AUGUST

Tuesday, August 18 – 7:00 p.m.

Connecticut Authors Trail presents Ted Dubay's *Three Knots to Nowhere: A Cold War Submariner on the Undersea Frontline*.

Ted Dubay will talk about his recently published book chronicling his experiences in the United States Navy. *Three Knots to Nowhere: A Cold War Submariner on the Undersea Frontline*, explores a neglected piece of American history: what it was like being a nuclear trained crew member of a Fleet Ballistic Missile submarine during the height of the Cold War. Don't forget to get your Connecticut Authors Trail passport stamped! Follow other authors on the trail at: connecticutauthorstrail.org

Tuesday, August 25 – 7:00 p.m.

Trivia Night - Are you game enough to take on the challenge? Come by yourself or bring your friends. Test your knowledge from general categories, including pop culture, current events, history, music, and of course, literature!

Monday, August 31 – 6:00-8:00 p.m.

Archive Room Open House

Explore what the library has in its Archive Room! A member of the East Lyme Historical Society will be on hand to answer questions about the collection and local history.

SEPTEMBER

Tuesday, September 22 – 7:00 p.m.

The Outhouse Authority

Georg Papp, Sr., owner of Bull Hill Workshop and author of *The Authority of Outhouse/Backhouse/Privy Building*, will discuss those well know icons of Americana, outhouses. He's researched, properly restored, and built "the best outhouses, backhouses, and privies this side of the nineteenth century" for many years.

Wednesday, September 23 – 7:00 p.m.

Peter Biedermann

Peter Biedermann is an instrumental guitarist based in Green Valley, Arizona who has been composing and performing for over 35 years. While his music covers a number of genres in various disciplines, the sounds you will hear will be entirely original and performed on a variety of 6 and 12 string guitars in unique tunings combined with subtle ambient electronics. The architecture of the music is melodic and rhythmic; combining compositional structure and improvisation that embraces the influences of the last 50+ years of finger style acoustic guitar playing.

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East Lyme Public Library ... continued from page 17

Tuesday, September 29 – 7:00 p.m.

Treble Play

Be prepared to leave in high spirits as you will be stomping and dancing, or at least thinking that way! Allyn Donath, harp; Anne Megan, oboe and whistle; and Irene Rissi, violin are back by popular demand and will perform lots of toe-tapping fiddling tunes to celebrate the season.

OCTOBER

Tuesday, October 6 – 7:00 p.m.

West African Kora Music Performance

Sean Gaskell features traditional songs on the Kora, a 21 string harp that he learned how to play throughout the course of multiple visits to his homeland in Gambia, West Africa. Gaskell has studied extensively under the instruction of Malamini Jobarteh and Moriba Kuyateh, both of Brikama, Gambia. He has been featured at a number of music festivals in the US, Gambia, and Senegal.

Tuesday, October 20 – 7:00 p.m.

We Had a Ball

Nancy Shapiro will talk about her new book, a collection of short stories, *We Had a Ball... The Indelible Influence of Youth Sports on the Game of Life*. Coaches and parents of children participating in youth sports or anyone who grew up in the 1970s and remembers

playing pick-up games will want to take this program in.

Saturday, October 24 – 1:00 p.m.

Henna Fusion

Join Maureen Ahrens, a professional, local henna artist and owner of Hennavana, as she shares the lovely ancient art, including a brief history of henna, it's cultural significance and application techniques. Participants will be shown how to create a safe and all natural henna paste from 3 ingredients. International styles, including Indian, Arabic Gulf, Moroccan, and Contemporary will be demonstrated using hands on techniques. Class size is limited and participants must be 13 or older.

Second Tuesday of each month at 7:00 p.m.

Book Discussion Group

A book discussion group meets the second Tuesday of each month at 7:00 p.m. in the East Lyme Room. Copies of the current month's book are available at the library. 9/8 *Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson; 10/13 *A Mercy* by Toni Morrison. No registration necessary.

Fourth Thursday of each month at 11:00 a.m.

Mystery Book Discussion Group

In the East Lyme Room. Copies of the current month's book are available at the library. 8/27 *Descent* by Tim Johnston; 9/24

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Carved in Bone by William Bass/Jon Jeffer-son; *10/22 Daring Ladies of Lowell* by Kate Alcott. No registration necessary.

Story Time at the Library

Nurture your child's love of reading at the East Lyme Public Library. Bring your child to story time and enjoy stories, songs, and fun, book-related activities beginning the week of September 28.

MONDAYS

All ages, drop-in / 10:00 to 10:45 a.m.

TUESDAYS

2's / 10:00 to 10:30 a.m.

2's / 11:00 to 11:30 a.m.

WEDNESDAYS

2's / 10:00 to 10:30 a.m.

3's / 11:00 to 11:30 a.m.

3's / 1:30 to 2:00 p.m.

All ages, drop-in 7:00 to 7:45 p.m.

THURSDAYS

2's / 10:00 to 10:30 a.m.

Baby Story time / 11:00 to 11:30 a.m.

(Birth to 23 months)

FRIDAYS

All ages, drop-in / 10:00 to 10:45 a.m.

Tween Style Council

Express your sense of style at the Library.

The Tween Style Council meets every Friday afternoon from 3:30 to 4:30 p.m. to make crafts and decorations for the Children's Room. No registration required.

FRIDAYS

Ages 9-13 / 3:30 to 4:30 p.m.

TEEN READ WEEK

Save the date! (October 18 - 24, 2015)

East Lyme Youth Services

45 Society Rd, Niantic, CT 06357

860-739-6788 email: mmcdowell@eltoynhall.com

Serving the Communities of East Lyme and Salem

Dave Putnam- Executive Director

Mike McDowell- Program Director

"Our mission is to foster the positive development of youth by providing and/or coordinating preventive, remedial, educational, social, and service opportunities for young people and support for their families."

Youth Services Commission

The East Lyme Youth Services Commission meets on the third Thursday of every month. The meetings are held at the Parks and Recreation Office and begin at 6:00pm. The public is welcome to attend.

East Lyme Youth Coalition

Join our ELYC (East Lyme Youth Coalition) to address underage drinking and addiction in our town. More information to come, please contact Dave at dputnam@eltoynhall.com to inquire.

Registration Information

In order to attend our activities and programs, participants must turn in a signed registration form for each of the programs they attend. Registration forms are available at Youth Services, the Parks and Recreation office, ELMS cafeteria, and online at www.eltoynhall.com. Registration forms and fees should be turned in to the Parks and Recreation Department offices from 8am-4pm or can be mailed to us. All payments by check should be made out to Town of East Lyme/ELYS with the participant's name in the memo section.

Registration for ALL programs, unless otherwise noted with *, begins August 31st.

Cancellations

All cancellations will be sent to program participants via email.

Fall Programs and Activities

East Lyme Youth Services holds after-school activities to foster positive youth development throughout the school year.

Friday Night Movies

August 28th through September 25th

Movies will begin 15 minutes after Sunset

Come enjoy a movie under the stars on Friday evenings

continued on page 20

FALL ACTIVITIES AT LYME SHORES

After-School Tennis Programs for Kids

Eight-week sessions throughout the school year starting Aug. 31

Big Shots (ages 4-6) Tue. or Thu., 4-5pm	Local Excellence (ages 10-12) Tue. & Thu., 4-5pm
Future Stars (ages 7-9) Tue. & Thu., 4-5pm	Tournament Tough (ages 13-15) Mon. & Wed., 4-5:15pm
Team Connecticut Mon. & Wed., 5:15-6:30pm For competitive junior players	High School Boys- Fri., 3:30-5pm Girls- Sat., 9-10:30am

Adult Programs

Drop in to our fitness, pickleball and tennis programs!

Strength & Balance M/W/F, 10am	Drop-in Pickleball Mon., 1-3pm, Beginners welcome
Stability Ball Mon., 8am	Adv. Beginner Tennis Drills Tue., 9-11am
Yoga M/W, 11am	Intermediate Tennis Drills Mon., 10:30am-12pm
Circuit Training T/Th/Sa/Su, 8am	NTRP Tennis Drills Sat., 10:30am-12pm, All levels
Cardio & Strength Fri, 8am	Cardio Tennis Wed., 6-7pm, All levels

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Youth Services ... continued from page 19

beginning August 28th! Movies will be shown on a large inflatable screen at McCook Point park, near the large white tent. Movie attendees should bring chairs, blankets, and plenty of snacks and then sit back and enjoy! Movie lineup unknown at time of publication, be sure to check www.eltownhall.com and the youth services facebook page for updated movie information.

After-School Program

Monday through Friday 3:00 – 5:30 p.m. The program will be in the youth center, or outside- weather permitting- where youth can enjoy air hockey, ping pong, our flat screen TV for Wii games, movies, or appropriate television, in a fun, and safe environment. Our experienced and youthful staff will serve as positive role models, while maintaining a fun, and relaxed atmosphere for youth to unwind after the school day. There are only 35 slots available for 5th – 8th graders. Registration opens September 2nd at 8:30 a.m. This program will begin September 8th and run throughout the school year. Free Program.

After- School Dodgeball

Wednesdays from 3:00-4:00 in the activity room of the community center. Participants must have a signed registration form to play, and will meet at the youth center before going to the activity room. This is a free program, and participants will be allowed to join the after school program until they are picked up.

Sitter Survival

Session #914020-01
Recommended for 7th graders +. Youth get an introduction to the world of babysitting, talk to guest speakers such as parents, police officers, and the Fire Marshal. Safety and responsibility are stressed as well as proper engagement and entertainment of children. Fee includes CPR Certification. Late Bus is available. Dates: Sept 22 to Oct 20
Day: Tuesday
Time: 3:00 to 4:00 pm
(10/13 & 10/20 class goes to 5:00pm)

Fee: \$75.00 EL/Salem Resident/\$90.00 Non-Resident
Where: Community Center/
Olive C. Room

Home Alone

Session #914010-01
Dates: Oct 5 to Nov 2 (No class 10/12)
Day: Monday
Time: 3:00 to 4:00pm
Fee: \$45.00 EL/Salem Resident/
\$60.00 Non-Resident
Where: Community Center/
Olive C. Room
This course is recommended for ALL 5th and 6th graders. Participants learn how to be home without supervision responsibly, utilizing expertise from area police, fire marshals, and other guest speakers. This popular course fills up fast and is limited to the first 15 who register.

Third Annual Trick or Trunk Festivities at the Smith Harris House

Trick or Trunk will happen on Wednesday, October 28th 6-8 pm. We invite you to decorate your vehicles trunk with spooky décor and pass out candy to trick or treaters in a safe, secure setting. All are welcome to trick or treat! In addition to the trick or treating, the first floor of the Smith-Harris House will be lit by candlelight, as several spine-tingling local and regional folktales are shared! Please contact Mike if you are willing to decorate your trunk and park it full of candy for our “trunk or treaters”

Mountain Bike Club

Session #914010-01
All participants should have a working bike with front and rear brakes, helmet, and a fix-a-flat kit, and bring plenty of water. Guided rides will leave from the trailhead across from Divine Wine Emporium on West Main St. at 9:00 am and will return at 11:00 am. Riding will be done on the trails at Rocky Neck State Park.
Dates: October 3rd, 17th, 24th, 31st
Day: Saturday

Time: 9:00 to 11:00am
Fee: \$45.00 EL/Salem Resident/
\$60.00 Non-Resident
Where: Rocky Neck State Park/
West Main St. trailhead

Fourth Annual Jeffrey's Rainbow Run

We are proud to be hosting the fourth annual 5k in memory of Jeffrey Bourgeois on September 18th! Stop by the office to pick up a registration form, or register online at Active.com! Must register by August 22nd to be guaranteed a race t-shirt!

Ski & Snowboard Club *

(grades 5-12)

Registration will begin October 19th. Pricing is not available at the time of publication, please email or call to inquire. The deadline for registration will be November 21st. This program fills up quickly; so do not wait to register! Ski Club takes place on Thursday nights in Jan-February from 3-9 p.m. and travels by bus to Mt. Southington.

Student Advisory Board (SAB)

A service club facilitated by ELYS for high school students to help plan activities for peers that are fun and drug/alcohol free. SAB hosted the 2014 trick or trunk, Pre-prom Assembly regarding distracted driving, and collected over 140 bicycles donated to Bikes For Kids over the past two years. Meetings will be held in Mr. Beale's room during lunches on Tuesdays starting September 8th.

We are currently working on additional programs and events. Check out our website frequently for updates www.eltownhall.com (and click East Lyme Youth Services to the left), “like” our page on Facebook for updates, shoot us an email to: mmcdowell@eltownhall.com, or give us a call at 860-739 -6788 for more information.

East Lyme Senior Center

37 Society Road, Niantic, CT 06357
860-739-5859
Monday – Friday 8:30am to 4:30pm

Cathy Wilson - Senior Center Director
Gail Glenn - Program Assistant
Anna Hartung - Administrative Secretary
Roxanne Kormos - Full Time Driver
Lee James - Part Time Driver
John Hallisey - On Call Driver
Melissa Victor - On Call Driver
TVCCA Site Server

Check out our monthly newsletter, The Courier, for a full list of activities, programs and services. It is available the beginning of every month at the Senior Center, Public Library, Town Hall, at the senior housing sites, and the local grocery stores. The complete newsletter is available on-line at the Town of East Lyme website at www.eltownhall.com. Look for the Senior Center tab on the Town home page. If you would like the newsletter emailed to you, contact the Senior Center office.

Commission on Aging

The Commission on Aging Board meets the 2nd Monday of every month except for August. The meetings are held at the East Lyme Senior Center at 5:00 pm. The public is welcome to attend.

TRANSPORTATION

In-Town Transit Services

Transportation to and from the Senior Center as well as to in-town destinations are available Monday through Friday. Donations are gratefully accepted in the Senior Center Office. An annual Appeal Letter is mailed to all those registered for this service. Call the Senior Center for more information.

Medical Transit/ Southern New London County

The Senior Center is currently offering transportation for medical appointments that are located within southern New London County. Transportation is being funded by a grant through the Dept. of Transportation. Call the Senior Center for more information.

Senior Lunches

SENIOR NUTRITION PROGRAM

The Senior Center and TVCCA provide lunches with a 24 hour reservation Tuesday through Friday at 11:45am. Monthly menus are printed in The Courier newsletter. \$3.00 suggested donation.

THE BISTRO

Every Monday, the Senior Center will offer a bistro meal ranging
continued on page 22

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Senior Center ... continued from page 21

from sandwiches to hot entrees. All are welcome – no age restriction! The cost ranges from \$3.00 to \$5.00 depending on the menu for the day. No reservations required but it is first come – first served program. Lunch will be served at 11:45am.

Meals on Wheels

The Senior Center and TVCCA provide Meals on Wheels Monday through Friday to East Lyme adults age 60 and over who are temporarily or long term homebound. Please contact TVCCA for eligibility at 860-885-2745.

Mature Driver Safety Classes

The Senior Center and AARP provides Mature Driver Safety classes 10-12 times a year to anyone 50 or older. This 4-hour session develops safe, defensive driving techniques and refines existing skills. Contact your insurance company for about a possible discount after completion of this course.

Trips

The Senior Center offers a diverse selection of trips. There are some restrictions regarding the registration of residents versus non-residents. Detailed flyers are available once registration begins.

Day Trips

Open to any person 55+

Tue, August 25th – 3 hour Whale Watch out of Gloucester, MA. Trip fee \$84pp. Minimal walking. Wait List only at this time.

Thu, September 10th - Boston on your own – Bus leaves East Lyme at 8:15am and leaves Boston at 6pm. Trip fee is \$40pp. Registration has begun. No meal included in trip price. Lots of walking.

Sun, September 27th - Guided riding tour of Harlem, NY including a special tour of the famed Apollo Theatre with lunch at Sylvia's Restaurant. Trip fee is \$119. Registration has begun. Moderate walking.

Wed, October 7th - Grab your camera for a Guided Driving Tour of Covered Bridges

in Southern New Hampshire. Lunch included at the East Hill Farm. Trip fee is \$90pp. Registration began August 3rd. Minimal walking.

Wed, October 28th - Haunted Happenings in Salem, MA. Self guided tour of the Salem Witch Museum plus time to enjoy the many festivities. Lunch not included. Trip fee \$59pp. Registration began August 3rd. Lots of walking.

Sun, November 6th - The 9/11 Museum is open and ready to receive visitors. Lunch on your own prior to The Museum in Little Italy. Trip fee is \$73pp. Registration begins September 1st. Lots of walking.

Thu, November 12th - Join the Lymes' Senior Center for a trip to the Mohegan Sun. Departure will be from the East Lyme Senior Center but checks will be made out to the Lymes' Senior Center. No meal included in ticket price but you will receive a casino package. Trip fee is \$20pp. Registration begins September 1st. Moderate walking.

Wed, Dec 2nd - Advance Notice about a trip to Radio City Music Hall for their Christmas Spectacular. Trip fee is \$145pp. Lunch included. Registration has begun. Wait List at this time! Minimal walking.

Overnight Trips/Cruises

Open to any person 55+

October 12-14, 2015 – “Joseph” at the Sight & Sound Millennium Theater in Lancaster, PA. \$475pp double. \$450pp triple. \$550pp single. Registration has begun.

January 28-February 7, 2016 – Fully escorted Hawaiian Cruise. Starting at \$4449pp. Registration has begun.

Three more cruises are planned for 2016. Presentation on all three trips will be held on Thu, October 22nd at 2pm. Call to register. Planned are an Alaskan Cruise in June 2016, a Trans-Atlantic Cruise in August 2016 and a Caribbean Cruise in October 2016.

FITNESS CLASSES

Senior Fitness

Mon & Wed & Fri 10am – Mon & Wed 12:30pm - Residents \$45.00/30 classes – Nonresidents \$50.00/30 classes. Pass required.

Senior Yoga

Mon 2:30 pm & Tue 8:30 am & Thu 9 am - Residents \$60.00/30 classes – Nonresidents \$65.00/30 classes. Pass required.

Tai Chi

Tue & Fri 9am – Residents \$48.00/24 classes – Nonresidents \$53.00/24 classes. Pass required.

Chair Yoga

Tues 9:30 am or 10:30 am & Fri 9:30 am or 10:30 am – Residents \$36.00/24 classes, Nonresidents \$41.00/24 classes. Pass required.

Weight Lifting

Tue & Thu 10:30am @ ELHS Fitness Center – Residents \$24.00/24 classes, Nonresidents \$29.00/24 classes. Pass required.

Zumba Gold

Tue & Thu 3pm – Session Class – Call for class fee & schedule.

PiYo

Tue 4:15pm – Session Class – Call for class fee & schedule.

Ping Pong

Wed 10 am - No equipment needed.

Pace

Thu 1 pm – Session Class – Call for class fee - People with Arthritis Can Exercise program was developed specifically for people with arthritis.

Pickleball

Sat 10:30 am and Tue 7:30 pm
\$2pp drop in fee.

DANCE CLASS

Tap Class

Tue 1 pm – Residents \$24.00 for 20 classes, Nonresidents \$29.00 for 20 classes. Pass required.

CRAFTS

Painting W/Friends

Tue at 9:30 am. No instructions only camaraderie! No fee.

Quilting

3rd Fri and the 4th Tue of every month 5pm and the 1st Mon of every month from 1 pm. Fee is \$2.00. Bring a dish to share for dinner quilting. Intermediate to Advanced level.

Drawing Class

Starting in September. Call for more details.

GAMES/CARDS

Cribbage

Mon from 9 am. No fee.

Canasta

Mon from 1 pm. Will teach. No fee.

Mah Jongg

Tue 12:30 pm. No fee. Must know the game.

Scrabble

Tue 9:30 am. No fee. Will teach.

Bridge

Rubber Bridge Shoot Out played Tue from 1 pm. Fee \$5.00pp per day played. Must know the game and have a partner. Must register to play.

Poker

Wed from 9 am. Minimal fee to play. On hiatus until the Spring.

Contract Bridge

Contract Bridge played Wed from 1 pm. Must know basics of the game. No fee. Must register to play.

Bocce

On the lawn Thu mornings at 9:30 am when the weather is warm. No fee. Will teach.

Duplicate Bridge

Duplicate Bridge played Thu from 1pm. Fee \$1.00pp per day played. Must know the game and have a partner. Must register to play.

Bingo

Fri 1 pm. \$1.00 for the 1st card - .25¢ for every additional card up to 9 cards.

continued on page 24

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Senior Center ... continued from page 23

EDUCATION/ENRICHMENT

Ukulele Lessons

Mon 11 am – Session class
Call for class fee & schedule.

Drama Club

East Lyme Players on Thu at 1 pm. Session class
Call for class fee & schedule.

Internet Instruction

1st Tue of every month starts at 10:15 am. One-to-one hourly sessions. Fee is \$12.00 - \$14.00 for Non-residents.

Dances

Sep 4th – Nov 6th from 7 pm to 10 pm. Admission \$10.
The Illusions Band plays.

HEALTH PROGRAMS/BENEFITS INFO

VNASC Nurse Managed Wellness Clinic

2nd Wed of every month 1 pm for services that focus on prevention and self-care.

VNASC Blood Pressure Clinic

4th Wed of every month 1:15 pm to 2:15 pm.

Benefits Checkup

Two Weds every month starting at 9 am. One-to-one counseling on available government benefits.
Must make an appointment.

Financial Checkup

4th Wed of every month starting at 1pm.
One on one session. Must make an appointment.

Every Month

- Theme Meals & Musical Entertainment
- Special Events

Pig Roast

Fri, September 11th at 12 pm
2nd Annual Pig Roast at McCook's Park.
Call for more details.

The Glenn Hansen Orchestra

Fri, October 23rd from 7 pm to 10 pm
Call for more details.

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Bill McMinn from Essex Printing and Gary Parrington from Lyme Art Association are shown in photo with Lyme Art Association "Incredible India Invitation". The invitation was recognized by PINE and awarded the 2015 Pinnacle Award for its exceptional use of design, print and use of paper to create a bright and lively invite. The Pinnacle Award is given to the most outstanding entry in its category. Given the high standard the entries must be flawless to win.



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Terryville Lions County Fair / August 28-30

Haddam Neck Fair / September 4-7

Hebron Harvest Fair / September 10-13

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Orange Country Fair / September 19-20

Woodstock Fair / September 4-7

Durham Fair / September 24-27

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PROGRAM REGISTRATION FORM

Program Registering For : _____

PARTICIPANT INFORMATION

Participant's Name: _____ Date of Birth: _____ Age: _____

Grade: _____ Gender: _____ Home Phone : _____

Parent Email Address: _____

Address: _____ City: _____ Zip: _____

Mother Name: _____ Work Phone _____ Cell _____

Father Name: _____ Work Phone _____ Cell _____

Emergency Contact: _____ Relation _____ Phone _____

List any allergies, medications, or medical conditions _____

DEMOGRAPHICS (please check one in each category)

Race:

- American Indian/Alaska Native
- Asian
- Black/African American
- Native Hawaiian/Other Pacific Islander
- Multi Racial
- White

Family:

- 2 Birth/Adoptive Parents
- Step & Birth Parent
- Single Parent Female
- Single Parent Male
- Grandparent
- Relative/Guardian
- DCF
- Foster Parent
- On Own
- Joint Custody
- Other

Ethnicity:

- Hispanic/Latino
- Not Hispanic/Latino

[Note: We provide certain demographic information from this form to the State of CT Department of Education for statistical and research purposes]

I give my child permission to participate in the East Lyme Youth Services (ELYS) activities. I further understand that ELYS is not responsible for the time or manner in which my child arrives or leaves the Youth Center .

In consideration for participating in the above referenced program/activity sponsored by East Lyme Youth Services/Town of East Lyme , I hereby waive and release the Town of East Lyme, its agents, officers and employees, whether paid or voluntary, from and against any and all claims, suits, actions, damages, liabilities, costs, expenses and or judgments, including attorney's fees and court costs, which may arise from my (or my child's) participation in the above referenced program/activity or any illness or injury resulting there from, either directly or incidentally.

I also understand that my child is expected to follow the ELYS rules and his/her participation can be suspended or revoked at any time without refund of fees. I give permission for my child to fill out anonymous surveys related to the content and quality of ELYS programs.

I give permission for medical treatment for my child in the event he/she is injured and I cannot be contacted. I will assume all responsibility for costs incurred.

Parent/Legal Guardian Signature: _____ Date: _____

Check here if you do NOT want your child's name or photo published _____

**EAST LYME PARKS AND RECREATION DEPARTMENT
REGISTRATION FORM**

REGISTRATION INFORMATION:

Complete the registration form below. Include all pertinent information. Return the completed form with payment in full to the Recreation office. We accept cash, checks and Master Card/Visa only. **Checks are made payable to the Town of East Lyme.** Program cancellations will be heard on radio station WNLC, WICH, WTYD, WKCD, WAVE AND WSUB the day of the cancellation. **Participants unable to register in person please fill out this form and mail with check to: East Lyme Parks and Recreation Dept., 41 Society Road, Niantic, Ct. 06357.**

Name: _____ Spouse's Name: _____

Address: _____ Town: _____ Zip Code: _____

Home Phone #: _____ Work Phone #: _____ E-Mail: _____

Cell Phone # _____ Cell Phone Provider: _____ *(i.e. Verizon, Sprint)

***This info is needed so we may send emails and/or texts to notify of any cancellations, etc.**

Emergency Contact:

Name: _____ Relationship: _____

Address: _____ Town: _____ Zip Code: _____

Home Phone #: _____ Cell Phone #: _____ Work Phone #: _____

Participants Name	DOB	Gender	MEDICAL CONCERNS	Program	Session Number	Fee

I agree to hold the East Lyme Parks and Recreation Commission and Department and any person connected therewith and the Town of East Lyme harmless from any and all claims for bodily injury and property damage arising from the use of facilities and programs during the course of an East Lyme Parks and Recreation sponsored activity.

Signature: _____ Date: _____

I consent to the use of my or my child's photo, video, or artwork for flyers or presentations: _____

Medical concerns _____



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Substance Abuse is a Taker!

Substance abuse can include the abuse of prescription medication, illegal drugs and/or alcohol. It can destroy so many things in an individual's life such as relationships with loved ones, jobs, career aspirations, reputation, hopes, dreams, visions for tomorrow and the list can go on and on because substance abuse is a taker. It takes everything that is important to one's life. Substance abuse reaches across all socioeconomic levels; it does not discriminate.

It often starts slowly and insidiously and eventually leads to a loss of control over the substance. Substance abuse can lead to distorted judgement, skewed perceptions, impaired physical control and difficulty focusing. Typically it involves continued use despite negative consequences or impact on one's life. People with substance abuse issues will often experience an increase in tolerance where they will have to use more of the substance to get the desired effect. It can lead to broken promises, changes in friends often seeking out people that use like they do, a personality change and a distorted view of the impact of their substance use on their life.

Treatment can include inpatient/outpatient therapy, pharmacological interventions and 12 step meeting attendance. There is a solution!

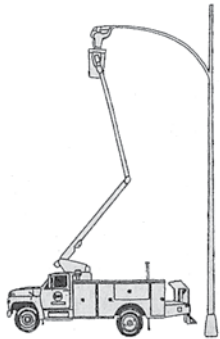
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East Lyme Psychological Associates



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Parks and Recreation Registration Policies

The East Lyme Parks and Recreation Department reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response.

The Parks and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios.

Program Registration Hours:

Monday - Friday / 8:30a.m. – 4:00 p.m.

Directions

95 South - Take Exit 74; turn right onto Flanders Rd (CT-161) & continue for approx. 1 mile. Turn right at stop light onto Society Rd. (Clauson Nursery is on corner). Turn right immediately after Lillie B. Haynes School, following signs to East Lyme Library/Community Center (complex will be on left). The Parks & Recreation Office is located in Community Center complex.

95 North - Take Exit 73; turn left onto Society Road. Follow road until 3-way stop sign. Bear left onto Society Rd. and follow to Lillie B. Haynes School; take Left (see above).

There are two ways to register for programs: In person at the Parks and Recreation Department office in the E. Lyme Library Community Center on Society Road or by mail (Mailing address: 41 Society Rd., Niantic, CT 06357). Programs limiting

the number of participants will be determined on a first-come-first-served basis. Non-residents will be charged an additional \$15 fee for programs.

Payment

Payment must be made in full at the time of registration, without exception. We accept cash, Visa/MasterCard/Discover, and checks made payable to "The Town of East Lyme". Returned checks will be charged a \$20 fee. There are no refunds unless extenuating circumstances occur during a program session.

Cancellations

All program cancellations due to inclement weather will be announced on local radio stations and local TV channels 3, 8, & 30. If schools close due to weather or other circumstances, then programs held at affected schools will be cancelled.

The Parks & Recreation Department makes every effort to have programs and facilities that are appropriate and accessible for all ages and abilities and seeks to ensure that all programs and activities are available to East Lyme residents with physical and mental disabilities. We provide accommodations when necessary to allow your participation.

Please check with our office for programs being offered within the region.

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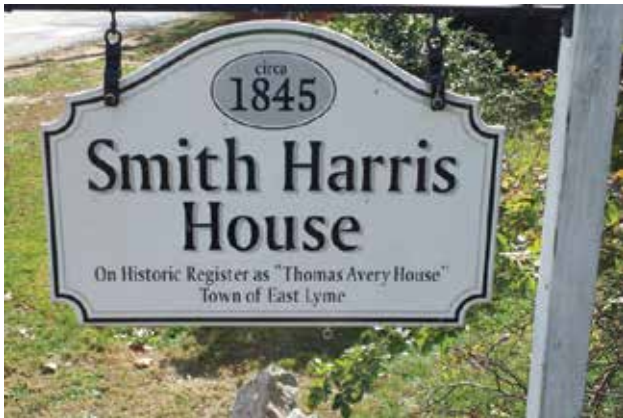
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Smith Harris House



Monday, October 12th / 12-4 pm, Free

The Smith-Harris House will be open for tours and games on the lawn (weather permitting) on Columbus Day. Other activities TBD. Please join us! Visit our website for the most up-to-date information at www.smithharris.org or contact curator Joanie DiMartino at 860-739-0761 or curator@smithharris.org.

Spirit Voices: Tales from the Old Burial Ground

Old Stone Church Burial Ground & Smith-Harris House
Friday & Saturday, October 16th & 17th

\$15 per person/\$18 at door; \$40 per family/\$45 at door
Evening Tour Times TBD

The Smith-Harris House, East Lyme Historical Society, and

Samuel Smith House have teamed up to offer a hauntingly historical evening! Take a tour of the Old Burial Ground and encounter residents of East Lyme's past, as they share vignettes of their former lives! Also, visit the somberly decorated parlor of the Smith-Harris House to learn about 19th-century funeral traditions--from "widow's weeds" to "safety coffins," discover the Victorian-Era rituals to observe death and dying. Other activities TBD. For the most up-to-date information, contact the Smith-Harris House www.smithharris.org, 860-739-0761, curator@smithharris.org; OR the Thomas Lee House www.eastlymehistoricalociety.org, info@eastlymehistoricalociety.org. OR the Samuel Smith House www.samuelsmithhouse.org, 860-739-5079, samuelsmith1685@gmail.com.

Slightly-Creepy Folk Tales

Smith-Harris House

Wednesday, October 28th / 6-8 pm, Free

Come for the treats, stay for the tales--as part of the Town of East Lyme's "Trick or Trunk" Halloween program! The first floor of the Smith-Harris House will be lit by candlelight, while several spine-tingling local and regional folktales are shared. Perfect for families and those who enjoy folktales! The "Trick or Trunk" program, which occurs annually on the grounds of the Smith-Harris House, is a safe Halloween Trick-or-Treat alternative event sponsored by the East Lyme Youth Services Department of Parks & Recreation.

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Samuel Smith House

The Samuel Smith Farmstead on Plants Dam Road has been a busy place from early spring to July. Land has been cleared of wire and debris; trees have been trimmed, wiring has been updated and stonework has been completed. Some furniture has been placed in the rooms of the house. Throughout the spring and summer, there have been a number of days when the house has been open for the curious and interested people who have passed by.

On Saturday, July 18th the Loving Parting between Old Lyme and East Lyme was celebrated with several groups of people from Old Lyme coming to see the house as well as the progress on the farmstead. Anne Brubaker of Old Lyme Historical Group organized the group who visited. This celebrated the very amicable separation of the two towns in February 13, 1665, when a church was established in East Lyme and all the parishioners from East Lyme had a church of their own.

On Sunday, July 19th we opened the house to all those interested in stopping by during the Celebrate East Lyme Day. The Agribusiness Group, a subcommittee of the Natural Resources Commission opened three farms here in East Lyme to show the public. More than a hundred folks came, enjoyed the tour of the house, took a walk on the grounds and saw the progress with the Rotary Community Garden Project. Farm animals were around on the grounds. The archaeology report has been done and will be available in the near future. All who have visited are impressed with condition of the house.

Sunday, October 4 is the next opportunity for the public to view "our newest old house in town". Plans are under way for opening the house to the public, and showing some of the furnishings that might have been there in each of the three eras. The house was a small modest farmhouse in the early 1700s". The next addition to the house was about 1760... during which time; it provided a home

for not one but two families. Then around 1815, the last renovation was made with the addition of part of a house added to the original structure. That is how it appears today.

The public is invited to a "Soup and Cider Party" in the original 1700s barn. Soups and a variety of different Stews will be available from 12 to 2 pm. People will have an opportunity to see this unique town property, go inside the house and imagine how it was on a cool October day. The gardens will have been "put to bed" for the winter; food will be stored for winter supplies and the barn would house the few animals that they had. There will be bee keeping, farm animals, early carpentry projects as well as activities and musical entertainment typical of the times.

For more information, go to our website SamuelSmithHouse.org. There you will find current photographs, and additional information of happenings on the day.



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Scott's Yankee Farmer

RAINFOREST ADVENTURE CORN MAZE

This year's corn maze is dedicated to Madeline Guarraia who has been fighting leukemia. \$1.00 from each ticket sold will be donated to the Guarraia Family!

Last tickets for maze sold at 4:00 PM

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Carbon Monoxide Safety

Carbon monoxide (CO) is a gas. It has no odor. CO gas is poisonous. It can make a person feel sick and can be deadly. In the home, heating and cooking devices that burn fuel can be sources of carbon monoxide.

CO Alarms

- CO alarms should be installed outside each sleeping area. Install alarms on every level of the home. It is best to use interconnected alarms. When one sounds, all CO alarms in the home sound.
- Follow the instructions on the package to properly install the CO alarm.
- Test CO alarms at least once a month.
- Replace CO alarms according to the

instructions on the package.

- Know the sounds the CO alarm makes. It will sound if CO is detected. It will make a different sound if the battery is low or if it is time to get a new CO alarm.
- If the battery is low, replace it.
- If the CO alarm sounds, you must get fresh air. Move outdoors, by an open window or near an open door. Make sure everyone in the home gets to fresh air. Call the fire department from a fresh air location. Stay there until help arrives.

Prevent CO Poisoning

- When warming a vehicle, move it out of the garage. Do not run a fueled engine indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle

is not blocked. Clear any snow away.

- During and after a snowstorm, make sure vents for the dryer, furnace, stove and fireplace are clear of snow build-up.
- Clear all debris from dryer, furnace, stove, and fireplace vents.
- A generator should be used outdoors. Use in a well-ventilated location away from windows, doors, and vent openings.
- Gas or charcoal grills can produce CO. Only use them outside.
- Have heating equipment and chimneys inspected by a professional every year before cold weather sets in.
- Open the damper when using a fireplace for adequate ventilation.
- Never use your oven or stove to heat your home.

FACT! CO is called the invisible killer because the gas cannot be seen or smelled. Take action to stay safe from CO poisoning.

Your Source for SAFETY Information
 NFPA Public Education Division,
 1 Batterymarch Park, Quincy, MA 02169
 East Lyme Public Safety
 860-739-4435 Like us on Facebook!

Reflections

By Senator Paul M. Formica

Leaving the Capitol last night after the close of my first legislative session as a State Senator - I couldn't help but feel a mix of emotions.

We are blessed to live in such a wonderful place and to be served in Hartford by so many wonderful people yet we produced a budget product that was not our best.

Why? It's not possible to craft the best of any product when you close out 40% of the input: 40% of good ideas; 40% of honest and open debate.

I am proud to serve with all my colleagues in both chambers however as we move into the collection of tomorrows that are filled with tax

increases, job losses, health insurance increases, hospital and doctor services struggling to stay available and affordable, I urge my friends on the other side of the aisle to open their doors, their ears and their minds and simply listen.

Listen not only to the ideas of the leaders of the minority party but to the people of our great state. Listen as they discuss their struggles as a result of these new taxes.

Listen as they speak with their feet by leaving our great state in record numbers. Listen to our young as they struggle to find work to pay off their student loans. Listen to our parents and grandparents as they speak fondly of

happier and more plentiful times.

Finally, I suggest that we all listen to our hearts and ask ourselves what are we really seeking... is it power at the expense and exclusion of others or are we really doing the best we can for the people we serve.

I and we remain committed to work with everyone and anyone regardless of who gets the credit as long we begin to build a better, a kinder and a more prosperous Connecticut.

Thank you to the people of the 20th district for this opportunity.

Public Trust

Don't Miss The Fall Planting Of Trees For Tomorrow

The East Lyme Public Trust Foundation, in co-operation with the East Lyme Parks and Recreation Department, have been offering sponsors a commemorative tree program- TREES FOR TOMORROW- which will make available trees to be placed in public spaces in East Lyme. Now is the time to act to be included in the next Fall Planting, which will help to raise funds for the support of the Niantic Bay Boardwalk and other projects of the Trust.

Trees can be donated to commemorate a birth, wedding, graduation, etc. They can also honor a loved one or a special event. This is a chance to use the resonating power of trees to create a lasting, living memorial that will provide scenic beauty and contribute to a healthy ecosystem.

Sponsors may choose to locate a tree at Cini Park, McCook Point Park,

Bridebrook Park, The Samuel Smith House, The Smith-Harris House, The East Lyme Library Courtyard, or East Lyme Town Hall. A contribution of \$600 for a tree will cover the cost of the tree, planting, an 8"x4" plaque, a base, and a water bag to assist in the stabilization of the tree.

Planting will take place in the fall of 2015 in the various locations chosen by the Tree Warden and the East Lyme Parks and Rec. Department. Since the East Lyme Public Trust Foundation is a non-profit 401c, contributions are tax deductible. There is a limit to this phase of 25 trees; don't miss out. This is the chance to commemorate important memories - laughter, tears, joy and loss.

June Hoyer is the chairperson for the project in partnership with Dave Putnam, the Director of Parks and Recreation. Her committee includes Administration- Carol Marelli and Bill Rinowski;

Publicity-Pat and Jack Lewis, Donna Gada and Donna Jutila.

Application forms are available at: East Lyme Town Hall-Town Clerk's Office, East Lyme Parks and Rec., East Lyme Library, and the E.L. Book Barn. They also can be found on the Trust web-site: www.publictrustfoundation.org

The East Lyme Public Trust Is Again Offering Plaques On The Boardwalk

As the long-awaited opening of the West end of the Niantic Bay Boardwalk draws near, the East Lyme Public Trust wants to remind you that if you have been considering sponsoring a board on the Boardwalk, the time to act is now!

There are stories behind every engraved plaque on the Boardwalk. On the East End of the Boardwalk, there are 1,463

continued on page 34



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Public Trust ... continued from page 33



plaques from over 24 states and two foreign countries. They celebrate Weddings, Anniversaries, Births, Graduations, and cherished Summer Visits.

They express Loss, Sorrow, Laughter and Contentment. Historians of the future will value this mirror of the Heart and Soul of a small town in Connecticut in the 21st Century.

The boardwalk itself is a testament to what a small group of volunteers, working together with the town, can accomplish. For a \$100 tax deductible contribution, become part of that permanent history by sponsoring a plaque with your own memory engraved, to be placed on the re-constructed West End of the Boardwalk. All profits raised by the sponsorship of the plaques are used to contribute to the maintenance of the Boardwalk and other Trust projects.

Application forms are available at: East Lyme Town Hall - Town Clerk's Office, East Lyme Parks and Rec., East Lyme Library, and the E.L. Book Barn. They also can be found on the Trust web-site: <http://publictrustfoundation.org/>

Become part of History while supporting a very worthwhile cause.

Whether you sponsor a Public Trust tree, bench or plaque, don't be Left Out: Act Now!



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Explore East Lyme and Niantic Village

Map & Business Listings



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14. Liberty Bank. 314 Flanders Road, East Lyme, 860.691.4541, www.liberty-bank.com, Local Connecticut Bank Since 1825. Visit & Open an Account Today!

* **Lyoness Independent Distribution**, (not shown on map), 860.395.9942, www.mylconet.com/evamenon, Shopping network. We build loyal customers for small business for 1 small initial investment. Then only pay for "advertising" after your completed sales.

26. Pro Tek Auto, 315 Main St, Niantic, 860.739.5729, www.pro-tekauto.com, Local & reputable automotive sales & service corporation providing quality auto repair & service since 1985 with honesty, hard work & dedication.

* **Save The River-Save The Hills**, www.savetheriversavethehills.org, A non-profit grassroots environmental organization dedicated to preserving the health of the Niantic River Estuary and the natural beauty of the Oswegatchie Hills.

* **Starts At The Plate**, www.startsattheplate.com, Your ONLINE RESOURCE connecting you to fun, food, health and ideas.

3. The Parcel Centre, 153 Boston Post Rd, East Lyme, 860.739.2492, www.theparcelcentre.com, Providing a full menu of products and services for almost everything related to packing, shipping, mailing and business services



Specialty Boutiques

30. Artisan Framing and Gallery, 293 Main Street, Niantic, 860.739.2286, www.artisanframingandgallery.com, Custom framing, fine art & restoration. Craftsmanship & design executed in the highest of standards.

33. Northern Light Gems, 36 Pennsylvania Ave, Niantic, 860.691.2020, www.NLgems.com, Custom design jeweler by the sea. A full service jewelry store.

11. Smoochie Bird LLC, 15 Chesterfield Road, Suite 2, 860.691.2656, www.smoochiebird.com, A gift shop offering quality gifts for every occasion. We know what your friends & family will love!



For more up-to-date business listings and information, please go to www.facebook.com/EastLymeBusinessOrganization, or contact us at eastlymebusinessorganization@gmail.com

6. Flanders Fish Market and Restaurant, 22 Chesterfield Road, East Lyme, 860.739.8866, www.flordersfish.com, Consistently rated #1 in Connecticut Magazine! Fresh Fish Market, Gourmet Dining, Catering, and Cappy's Bar, we have it all!

25. Gumdrops & Lollipop, 334 Main Street, Niantic, 860.739.7800, www.gumdropslollipops.net, Not just a candy shop! Come enjoy some old-fashioned fun, food & beautiful ocean views from the deck. Open year round.

32. The Black Sheep, 247 Main Street, Niantic, 860.739.2041, www.theblacksheepniantic.com, An upscale Irish bar and restaurant. From the hardwood floors to the original tin ceiling the bar is sleek, stylish and welcoming.

12. The Fresh Cow Treat Shop, 325 Flanders Road, East Lyme, 860.691.3303, www.thefreshcow.com, Self-serve frozen yogurt, gelato, sorbet, Italian ice & custard. Also serving smoothies & juice blends made with whole fresh fruits & vegetables. Get fresh!

9. Tri Town Foods, 15 Chesterfield Rd, East Lyme, 860.739.2434, www.tritownfoods.com, The best in local! A locally owned & managed independent supermarket focusing strongly on perishables & local niche items.

Home & Garden

* **The Pampered Chef**, (not shown on map), Susan Napiamy, Ind. Consultant, 860.460.3390, www.pamperedchef.biz/suenapiamy, Quality kitchen products to make healthy & delicious meals. Make your life easier! Home or catalog parties, Cooking classes, Freezer Meal Workshops, Fundraisers, Wedding Showers!

1. Scott's Yankee Farmer, LLC, 436 Boston Post Road, East Lyme, 860.739.5209, www.scottsyankeefarmer.net, A family owned & operated fruit and vegetable farm. Visit their roadside stand, pick your own fruit or participate in their CSA program.

22. Smith's Acres, LLC, 4 West Main Street, Niantic, 860.691.0528, www.smithsacres.com, A locally owned garden center & farm stand featuring CT grown plants and fresh fruits & vegetables. Open spring through Christmas.

16. Wild Birds Unlimited, 190 Flanders Road, Niantic, 860.739.7302, www.niantic.wbu.com, From birdseed to binoculars - birds love us & so will you! Great gifts for you & mother nature.

Services & Organizations

24. Charter Oak Federal Credit Union, 335 Main Street, Niantic, 860.446.8085, www.charteroak.org, Full service financial institution, offering personal & business products as well as mortgage lending & financial planning. Multiple drive-up lanes & ATMs available.

21. Dutch Point Credit Union, 8 West Main Street, Niantic, 860.739.2722, www.dutchpoint.org, Community credit union offering a comprehensive product line. Dedicated to helping you make smarter choices & enhancing your financial wellbeing.

15. East Lyme Rent-A-Space, 9 King Arthur Drive, Niantic, 860.739.3386, www.rent-a-space.com, Secure, clean and convenient

Arts, Entertainment & Leisure

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31. **Arthur Murray**, 287 Main Street, Niantic, 860.739.3991, www.nianticballroom.com. Arthur Murray offers lessons, competitions & events. Introductory offer for new students. (Ballroom, Latin, Swing, Salsa) Drop-ins welcome!
23. **Children's Museum of Southeastern CT**, 409 Main Street, Niantic, 860.691.1111, www.cmsect.org. Hands-on interactive exhibits, both indoors & out. Learning & imagination are sparked by creative play in a safe & accessible environment.
2. **Eastern Connecticut Ballet**, 435 Boston Post Rd. East Lyme, 860.739.7899, www.easternctballet.com. Starting a 3rd Decade of Beauty & Excellence!
- * **It's All About the Mouse Travel™**, (not shown on map), 920.242.6137, www.itallaboutthemousetravel.com. Melissa Bunkelman is a travel planner who will help you with all of your Disney Destination plans at no charge to You!
19. **Lyme Shores Tennis and Conditioning Center**, 22 Colton Road, East Lyme, 860-739-6281, www.lymeshores.com. Tennis & Fitness Club for 35 Years. Tennis, Pickleball, Fitness, & Swimming!
18. **Three Belles Marina**, 113 Oswegatchie Hills Road, Niantic 860.739.6264, www.threebellesmarina.com. Family owned & operated full service marina in Smith Cove. Three Belles Outfitters feature kayaks & paddleboards for sale or daily rental.

Beauty & Wellness

20. **Anytime Fitness**, 17 Liberty Way, Niantic, 860.691.1611, www.anytimefitness.com. Convenient & non-intimidating, this fitness center fits your schedule & helps you reach your goals with 24/7 access, personal training, workshops & classes!
7. **Arbonne International**, 5 Village Court, East Lyme, 860.460.3384, www.teowithkaren.myarbonne.com. Beauty, health & wellness from the inside. Swiss formulated, botanically based anti-aging skincare, cosmetics, detox, nutritional & weight loss products.
10. **Body Kneadz Therapeutic Massage & Wellness Center**, 15 Chesterfield Road, Suite 213, East Lyme, 860.739.8242, www.mybodykneadz.com. Therapeutic massage, couples massage, facials, waxing, manicures, pedicures, yoga, clinical hypnosis & belly dance.
8. **East Lyme Psychological Associates**, 29 Chesterfield Road, East Lyme, 860-739-6974, www.eastlymepsych.com. Providing therapy, psychological evaluations, & post adoption services for all ages. Psychiatric medication management available for adults.
5. **HealthSource of East Lyme**, 126 Boston Post Road, East Lyme, 860-739-3927, www.healthsourceofeastlyme.com. Chiropractic, clinical nutrition & progressive wellness. Empowerment through personalized lifestyle medicine. Back & neck pain eliminated quickly & easily.
27. **Niantic Acupuncture & Family Wellness**, 17 Hope Street, Niantic, 860.451.5558, www.NianticAcupuncture.com. New Location! A holistic family health practice for all ages. Treating a variety of health issues and providing preventive health care.

ety of health issues and providing preventive health care.

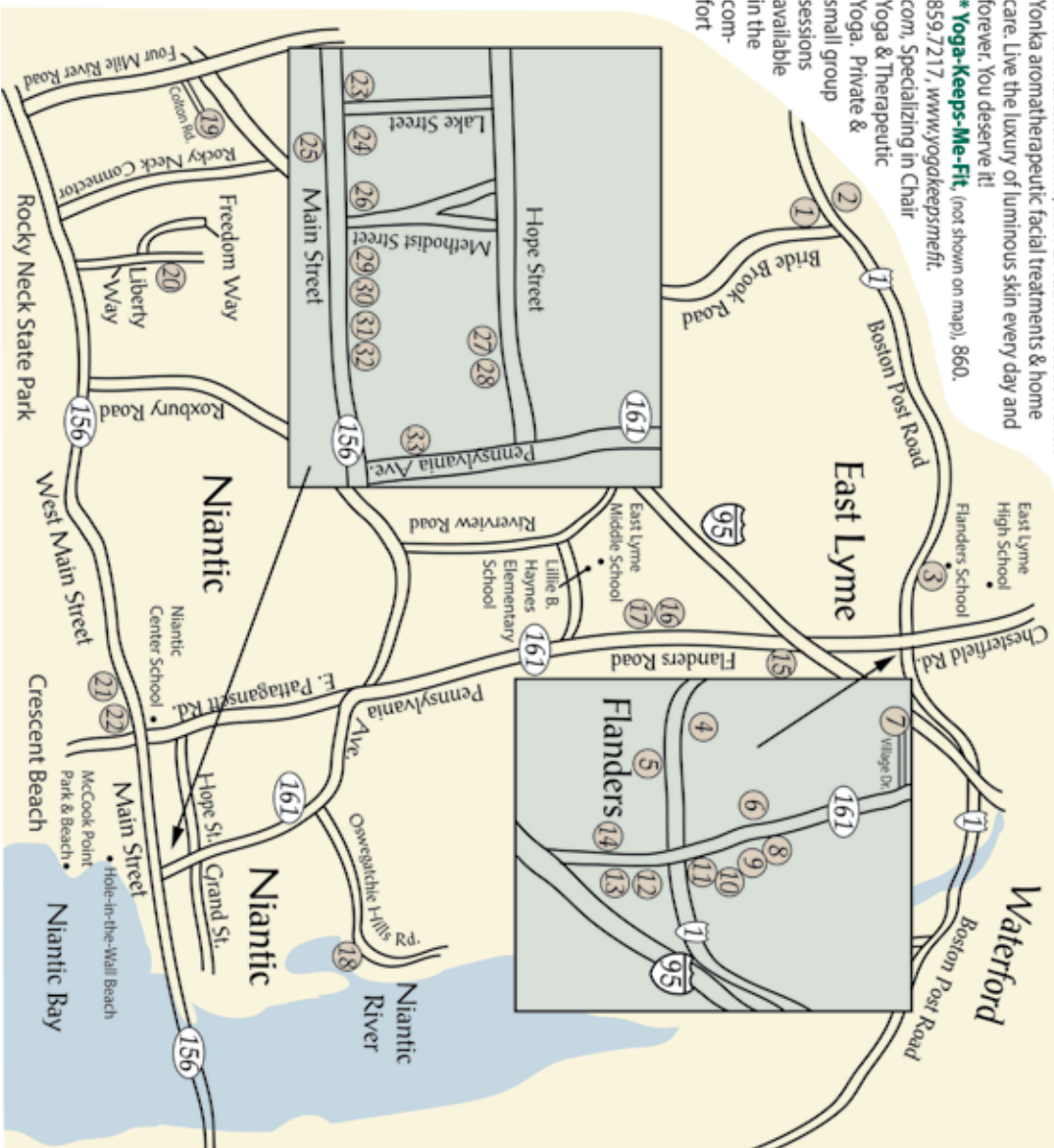
13. **Pape Chiropractic & Wellness Center**, 305 Flanders Road, Suite 6, East Lyme, 860.739.3600, www.papechiropractic.com. New Location! The highest quality chiropractic care, massage therapy and nutritional counseling for patients from birth through adulthood. Certified Ideal Protein Weight Loss Clinic.
4. **Shoreline Physical Therapy**, 131 Boston Post Road, East Lyme, 860.739.4497, www.shoreline_pt.com. Evidenced based care provided by skilled and compassionate physical & occupational therapists, (orthopedics, pediatrics and neurology).
28. **Skin Care Studio**, 17 Hope Street, Niantic, 860-739-5252, www.skincarestudioinfo.com. New Location! Holistic French Yonka aromatherapeutic facial treatments & home care. Live the luxury of luminous skin every day and forever. You deserve it!

* **Yoga-Keeps-Me-Fit**, (not shown on map), 860.859.7217, www.yogakeepsmeffit.com. Specializing in Chair Yoga & Therapeutic Yoga. Private & small group sessions available in the comfort

of your own home. Special events/celebrations.

17. **Zen and Now**, 170 Flanders Rd, Niantic, 860.739.2625, www.zenandnowct.com. A wellness community for every "body". Featuring expert instructors, instructor training & certification, yoga, hot yoga, group cycling, bootcamp, TRX and much more.
29. **Covino's Groceria Italiana**, 301 Main Street, Niantic, 860.739.1996, www.covinosgroceria.com. Food like my mom's with a gourmet twist. Catering, groceries & produce.

Food & Accommodations



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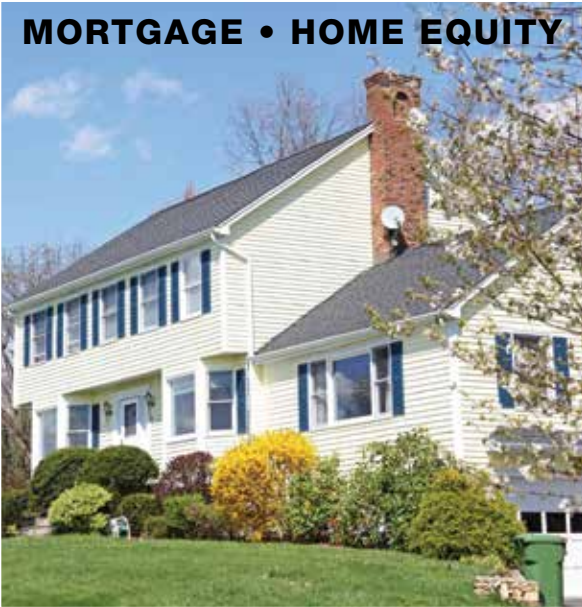
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